



SHORTS

Dulwich Runners AC
Weekly Newsletter
June 3rd 2020
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bgl.co.uk or barry@1bgl.com
DEADLINE 17:30 TUESDAY

No club runs, track sessions etc until further notice - Full statement below.

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
- 3 Dulwich runners on zoom
- 5 Training.
- 6 Virtual race reports, results etc
- 8 Club Kit
- 9 The map we would have used tonight !

As you will see a few of the regular items have been removed from Shorts as they are not relevant under the current conditions ,they will return once things get back to normal
Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

With the Government relaxing some of the rules around lockdown from 1 June, the Committee want to keep you up to date on the status of group training and the Club being in a position to re-introduce any officially organised club runs or training sessions.

The new rules state that from Monday 1 June, you can exercise or play sport in groups of up to six people from other households, but should only do so where it is possible to maintain a two-metre gap from those you do not live with.

Unfortunately, this is not a sufficient loosening of restrictions to enable us to re-instate any official training sessions, and any Club-sanctioned group activity would be out of step with the ongoing guidance from England Athletics which remains that group activity does not take place.

A group larger than 6 people broken into a number of smaller groups of 6 people, training together in the same place at the same time, would, for example, be against the new rules as the gathering exceeds 6 people.

That said, there is nothing to prevent individuals from making their own arrangements to meet in groups of 6 to train together, and you will find some updated training sessions from Steve that are suitable for up to 6 people

maintaining a two-metre distance in Shorts this week.

We are all looking forward to when we can train together again and hope that day will come soon. We will continue to keep the situation under review, taking into account any new rules and guidance from Government and England Athletics, with a view to re-instating Club sessions of some kind as soon as it is permitted and safe to do so.

In the meantime, stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups - or join us for the Wednesday Zoom sessions. Further details are in Shorts.

Ros Tabor
On behalf of Dulwich Runners AC Committee

Renewals

We have been informed by England Athletics that they have decided to reduce their registration fee from £16 to £15 for the 2020/21 year.

This would mean that the Club Membership fee would be reduced from £46 to £45. Many of you will already have renewed your membership at the £46 and in light of this it is proposed that once things are normal again you will get your first club run on a Wednesday night at no charge.

Graham Laylee

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

As we cannot train as a group, we thought it might be a good idea to set up a Virtual Club Championship for those of you who want to have a competitive fix, miss their weekly parkrun or just want to maintain some routine to their running while we are still allowed to run outside.

The Championship takes the form of a

weekly SOLO 5K time trial taking place on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

You will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Join Strava by downloading the App at www.strava.com
2. Once logged in join the Dulwich Runners Group
3. Any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device & upload to Strava (please caption description DR Virtual Champs)

THE RULES

4. Search on the opentrack listings opentrack.run - virtual - competitions - Dulwich Runners 5k
5. Login or sign up to enter and submit your result
6. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

Dulwich Runners Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and some not. When you're out for your next run take a photo of whatever landmark is quintessentially Dulwich to you. There are no hard and fast rules - it can be a landmark, a view, with or without a runner etc. Be as creative as you like.

The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc.

You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar.

Entries have started to be sent in, but we want lots more.

NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: dulwichladiescaptain@gmail.com

dulwich runners on zoom



We have set up a Dulwich Runners Zoom account to host virtual get togethers for club members during these unprecedented times.



Wednesday at 8.30pm

We are trialling the following sessions which will hopefully be of interest.

- Virtual bar Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related.

We will also use this time slot for other events like quizzes on future dates (tbc)

Zoom Meeting ID: **842 3494 6420**

Download and import the iCalendar (.ics) files to your calendar system.

Weekly:

<https://us02web.zoom.us/j/84234946420>

Join Zoom Meeting

<https://us02web.zoom.us/j/84234946420>

Meeting ID: **842 3494 6420**

One tap mobile

+441314601196,,84234946420#

United Kingdom 442030512874,,84234946420#
+United Kingdom

Wednesdays	
Jun 3	8:30pm
Jun 10	8:30pm
Jun 17	8:30pm
Jun 24	8:30pm
Jul 1	8:30pm
Jul 8	8:30pm
Jul 15	8:30pm
Jul 22	8:30pm

Virtual Quiz Night

Second Virtual Quiz Night Wednesday 10th June 8.30 p.m.

Who is going to challenge the reigning champions - 'So Strong'?

Keep your diaries free for our second quiz night.

All are welcome. Teams don't have to be the same as before.

What you will need to do -

1/ Sign up for a zoom account on a laptop. Not all functions work with a phone.

2/ If you can sort yourselves into a team of 4 that will help the admin side on the night.

3/ Once you have a team of 4, email me Ange at dulwichladiescaptain@gmail.com with team name, plus names and email addresses of everyone by Sunday evening 7/6/20

4/ If you don't have a full team, email me who you have with the same info as above

5/ If you do just turn up on the night, you will be able to take part. We can put you into a team then.

On the night use the following link and ignore the other one for bar chats. That one will still be there for anybody who wants it.

Ange at dulwichladiescaptain@gmail.com

Join Zoom Meeting

<https://us02web.zoom.us/j/88057404122>

Meeting ID: **880 5740 4122**

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Due to current circumstances please only use these fixture lists as a guide. Best to assume that all listed events if not already cancelled or postponed they will be.

2020					
Jun	4	Assembly League	CANCELLED	Jubilee Pk, Leyton	Road & other
	15	Sri Chinmoy 5km	CANCELLED	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Cross country
	18	Richmond Summer Riverside 10km	long	Richmond	
tbc		SOAR Mile	late July/early August tbc	t.b.c	
Aug	6	Assembly League		Victoria Park	Club Champs
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	

The Cabbage Patch 10 is unlikely to take place, but they have not yet made a final decision. The Richmond 10k remains open for entries but it must be only a matter of time before this is cancelled, so advisable not to enter.

No word yet on the SOAR Mile. given the nature of the event it must be doubtful. **Mike Mann**

Assembly League

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
Men road: ebepriill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. Races still to come are as follows:

26 Apr London Mar. **cancelled** (or alternative) long
15 Jun Sri Chinmoy 5km, B'sea Park **cancelled** short
18 Jul Richmond Summer Riverside 10km long
late July/early August tbc SOAR Mile short
13 Sep 2nd Sun. of Month 5M trail, Wimbledon Comm. short
18 Oct Cabbage Patch 10 long
4 races to qualify from a total of 8 including at least one from each distance category.

2020 Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks, on or close to the first Thursday evening in summer months against 12 other clubs.

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run. These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

All Thursdays

Apr 2 **Beckenham** 5km 7:15 **CANCELLED**
May 7 **Victoria. Pk** 5km 7:30 **CANCELLED**
Jun 4 **Jubilee Pk, Leyton** 5km 7:30 **CANCELLED**
Jul 2 Crystal Palace 5km 7:30
Aug 6 Victoria Pk 3.5M 7:30
Sep 3 Beckenham 5km 7:15

Suggested training for coming days

My training suggestions

by Steve Smythe

Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions.

Wed June 3 50 mins at a minute a mile slower than 5km pace.

Thurs June 4 5-10 mins warm up then 45 mins alternating 3 min blocks at Half-Marathon and 10km pace.

Sat June 6 5km time trial - start very fast then ease back gradually then pick up in last 2km, ie for sub-20 runner run 3:45, 4:00, 4:15, 4:10, 3:50

Tues June 9 5 x 1000m at 5km pace with 90 second recoveries

This is my suggestion for 5km training for coming days if you want to do extra do easy 30-45 mins or one day a week you could do (after a good warm up) 4 x 100 strides or 5 x 10-15 secs hard on a steep hill with walk back recoveries

Wed June 10 45 minutes steady at a minute a mile slower than 5km pace

Thurs June 11 3 paced tempo - alternate 2 mins at steady or marathon pace, 2 mins at HM pace, 2 mins at 5km pace for 20 mins

Sat June 12 5km time trial - build up through first 4 km - ie for sub-20 runner run 4:15, 4:10, 4:05, 4:00, 3:55

Sun June 13 slow 90 mins

"This month's Runner's World features an item on Veterans AC and quotes Ros and mentions Clare - and even has a picture of Gary Budinger - apart from that it's very good."

It is now permissible to train with up to six in a group though social distancing must be kept.

Here are some suggestions for some sessions that half a dozen people can do though obviously it is better if the area is quite wide - especially if you also need to avoid others too.

300m or 60 seconds hard x 8 with approx a minute recovery. This could be done with fastest runner setting off first each time with 2 second gaps.

6 x long hill (ie Sydenham Hill) Off 5 mins
3 to halfway
3 to top

As quite narrow again could be run Indian file with fastest runner off first

Paarlauf relay - on round circuit of 300m - 400m - split into pairs - 3 teams of 2 - take in turns to run a circuit but partner sets off 5 metres before as no touching! - each pair do 8 efforts each

Pyramid - aim for 5km pace for longer efforts but faster at shorter efforts

200m, 400m, 600m, 800m, 1000m
800m, 600m, 400m, 200m
- all with 30 secs recovery for slowest runner in group

5 x 1000m efforts with reasonable 1 to 2 minute recoveries. First one start together (if space) and run at own 5km pace but note times and on second to fifth set off with slowest off first but add a few seconds so there is not too much overtaking ie if 6 runners run 3:30, 3:40, 3:50, 3:55, 4:00, 4:05 then on second slowest first runners set off 0:00, 0:10, 0:20, 0:30, 0:45, 1:00 Only overtake if there is space to do so and maintain social distancing

Race Reports & Results

Want your race results and reports in SHORTS ? make sure & email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

As there are no races/events in the near future Shorts could be looking pretty bare...
Race reports will be harder to find than bog roll !
So with that in mind and knowing a fair few of you will be getting very bored WFH, if anybody wants to send me any running, tri, cycling etc or related storys, anecdotes, past glories, abject fails etc then please do..pics also welcome.

This week 28 runners took part but only 15 recorded runs on Open Track.
From 13th June only runs uploaded on Open Track will count.

The May series is now complete with 45 members taking part in at least 1 of the 5 runs

Equal 1st Man: Tom South and Andy Bond 149 points

1st Woman: Kim Hainsworth

Fastest Run: Andy Bond 16:05 16 May Dulwich Park

Most Consistent: Kim Hainsworth (5 runs within 14 secs of each other)

Note that from 14-20th June the British Masters Virtual 5K takes place and, if you are a Vet, you can upload your 5K time to both events.

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		2 May		9 May		16 May		23 May		30 May			
			Pts		Pts		Pts		Pts		Pts		
Andy Bond	M40	17:20	49	16:58	49	16:05	50	16:57	50			149	1M=
Tom South	M40	16:36	50			16:45	49			16:34	50	149	1M=
Steve Davies	M50					17:07	48			17:24	49	97	
Shane Donlan	MS	17:37	48	16:38	50	22:17	33	18:06	47	17:36	48	146	3M
Daniel Mann	M40							16:57	50	17:44	47	97	
Greg Falconer	MS	18:58	45	18:55	46			18:33	46	17:58	46	138	
Alex Loftus	M40									18:03	45	45	
James Burrows	MS			18:49	47	18:31	47	18:41	45	19:8	44	139	
Kim Hainsworth	FS	19:44	43	19:47	43	19:35	43	19:39	43	19:43	43	129	1W
Paul Collyer	M50	19:03	44	19:26	44	19:39	42			19:46	42	130	
Grzegorz Galezia	M50	20:02	39	19:57	42			20:36	41	20:25	41	124	
Ross Rook	MS	19:53	41			20:8	41	19:45	42	20:29	40	124	
Laura Vincent	FS			23:29	35	22:48	31	22:33	36	21:05	39	110	3W
Ebe Prill	M50	21:43	33	21:38	39	22:16	34	20:54	40	21:21	38	117	
Tereza Francova	FS	22:22	32	24:22	34	22:07	35	22:32	37	21:58	37	109	
Eleanor Simmonds	F40					22:32	32	22:45	35	22:37	36	103	
Gary Sullivan	M60									22:31	35	35	
Hugh French	M40					21:44	36			22:44	34	70	
Yvette Dore	F40	20:49	37	21:27	40	21:34	37	21:38	38	22:49	33	115	2W
Alex Bazin	MS					23:17	28	21:05	39	22:57	32	99	
Katie Styles	FS									23:02	31	31	
David Benyon	MS	21:31	34			21:09	38			23:07	30	102	
Graham Laylee	M60	23:34	31	23:19	36	23:25	27	23:45	33	23:17	29	100	
Paul Hodge	M50	25:17	27	22:56	37	23:14	29	23:05	34	24:15	28	100	
Jenny Bomers	FS	25:59	26			26:37	24			25:07	27	77	
Emma Kelly	FS	24:35	29			23:36	26			25:19	26	81	
Ros Tabor	F60	27:10	24	27:53	33	26:52	22	27:18	31	26:06	25	90	
Andy Murray	M60	26:47	25			26:47	23	27:28	30	26:26	24	80	
Robin Downing	MS	25:13	28							26:58	23	51	
Tom Wilson	M40	18:18	47	18:36	48	18:53	44					139	
Joe Wood	MS					18:35	46	17:48	48			94	
Jonny Hough	M40			19:06	45	18:46	45					90	
Joe Farrington-Douglas	M40			21:12	41	20:31	40					81	
Olivier Montfort	M40	20:56	35			20:56	39					74	
Catherine Buglass	F40	24:02	30					24:52	32			62	
Eugene Cross	MS	18:28	46									46	
James Brown	M40							18:47	44			44	
Jamie Nicol	MS	19:44	43									43	
Kay Sheedy	FS	19:57	40									40	
Matt Ladds	MS	20:21	38									38	
Ed Smyth	MS			22:05	38							38	
Helena Flippance	FS	20:55	36									36	
James Rimmer	MS					22:52	30					30	
Midge Cameron	F55					26:07	25					25	
Sonja Jutte	F40	48:41	23									23	

NB: you will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Join Strava by downloading the App at www.strava.com
2. Once logged in join the Dulwich Runners Group
3. Any Saturday or Sunday, record your 5K run on your Garmin/ phone/other GPS device & upload to Strava (please caption description DR Virtual Champs)

THE RULES

4. Search on the opentrack listings opentrack.run
- virtual - competitions
- Dulwich Runners 5k
5. Login or sign up to enter & submit your result
6. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.



SPRY, NOT RETIRING

The members of Veterans Athletic Club (VAC) agree on one thing above all else: growing old needn't mean slowing down. Indeed, it seems the opposite can be the case

→ THOUGH MANY OLDER RUNNERS

prefer to be known as masters rather than veterans, the Veterans Athletic Club (VAC) has another definition: 'Men and women athletes who are in their prime.'

'Well, we don't want to be written off,' says the club's secretary and committee chair, Ros Tabor, who won a gold medal, as well as two silvers, at the 2019 European Masters Athletics Championships in Italy, and set a W70 age-group record at parkrun on Clapham Common, south London, to go with her previous W65 record. 'Saying "in their prime" is a bit tongue-in-cheek but we like to think we're still competitive no matter how old we are,' she says.

The club, which was founded 89 years ago, exists to provide opportunities for

athletes to participate in age-graded competitions, and the youngest of the 600 members wouldn't even be classed as old – the first age band is 35–40. VAC is part of the British Masters Athletics Federation, which fields participants in events such as the European Masters

Indoor Track & Field Championships and the World Masters Track & Field Championships.

Though the area covered by the club is London and the surrounding counties, there's no official VAC base or regular training sessions, so most people join it as

Above: runners compete at the VAC 5000m Champs at Battersea Park, London. Below: Liam O'Hare and Gary Budinger compete in the Surrey Cross-Country League.



their second-string club and acquire the appropriately retro white-and-black vest for special occasions. Runners meet at VAC-organised events such as the series the club puts on in Battersea Park, London, and its cross-country championship, held on Wimbledon Common, or events in the East Surrey League, plus parkruns in the London area.

'The 35-year-olds can find the "vets" designation a little strange, as they can be running as fast as anyone, but once you get to the older sections, it's quite nice to have more people in your age group to compete against,' says Tabor. The club currently has 28 members who are over 80 and four who are over 90. However, the veteran's veteran is Dalbir Singh Deol, a 93-year-old 400m runner who has said he runs to stay in shape.

The club is not only for ageing elites, and the general standard ought to be far from intimidating, says Tabor. 'We do have some fantastic runners, but also plenty of average ones. Membership is increasing – I think parkrun is a factor in more people taking up running or doing it to an older age. If you go along to one of those events, you see that the people doing them are quite ordinary.'

While the club has an ethos of inclusivity, it also has as many stars as most running clubs. The new president, Anna Garnier, has represented GB at cross-country; Clare Elms won five individual golds and a team gold, as well as an individual silver, at last year's European Masters Athletics Championships; and 71-year-old race walker and 1980 Moscow Olympics competitor Ian Richards won five walking golds.

That 'in their prime' designation may be tongue-in-cheek, but only slightly.

Never too late

'Aged 49, while watching the first London Marathon in 1981, I vowed to start running. I ran London in 1982 and soon discovered the many advantages of membership of the Veterans Athletic Club. At 87, I still enjoy VAC cross-country and indoor and outdoor championships.'

– Richard Pitcairn-Knowles

'VAC is the only club I belong to.

This suits me perfectly, as I don't want to feel under pressure to compete, but I am able to enter the occasional cross-country or track race, organised on a small and friendly scale. VAC has given me the confidence to go from being a parkrunner to an International Masters athlete.'

– Lucy Woolhouse

vetsac.org.uk, bmaf.org.uk

DULWICH RUNNERS CLUB KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-snoods £6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer - Both styles are a bargain £15.



Buffs-snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15



**! Available now !
Women's "Racer Back"
vests - £25**

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT - BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof running
And are looking for someone who could produce a design suitable
for printing on a t-shirt, (front, back or both)
Use your imagination to create something fantastic!
If you want more details speak to anyone on the committee.*

Dulwich Runners

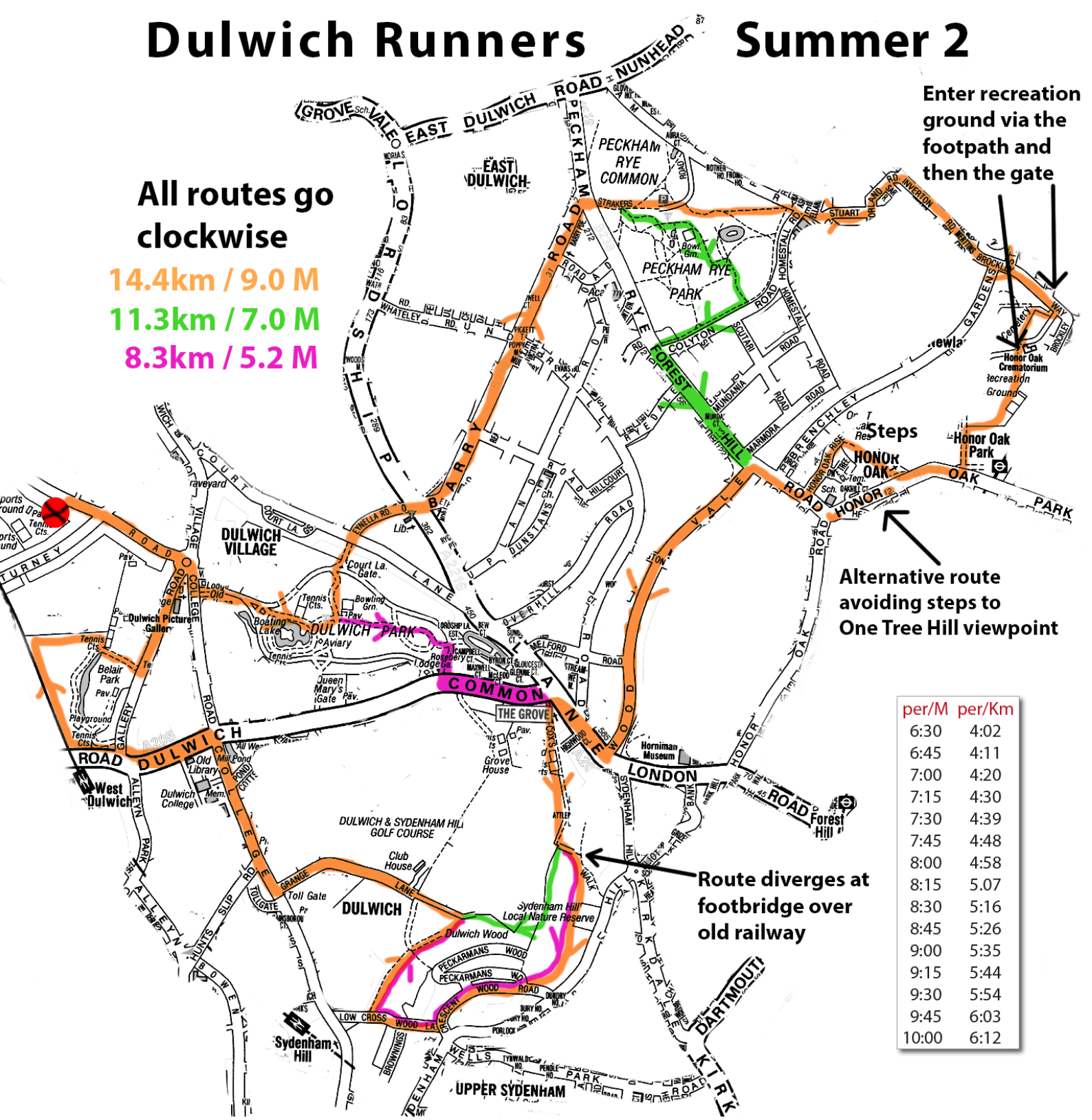
Summer 2

All routes go clockwise

14.4km / 9.0 M

11.3km / 7.0 M

8.3km / 5.2 M



Enter recreation ground via the footpath and then the gate

Alternative route avoiding steps to One Tree Hill viewpoint

Route diverges at footbridge over old railway

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

There are no group club runs until further notice, but for those of you wanting to do the club routes yourself here is the map